



WHAT'S HAPPENING AT ELKRIDGE 50+ CENTER IN SEPTEMBER & OCTOBER

Special Events.....2 & 3

On-Going Events4

Lunch Menu.....5

Staff

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Website

www.howardcountymd.gov/aging

CLOSINGS for September & October

September 5-Labor Day-Closed

October 10-Columbus Day-Closed

October 31-Closed for the EXPO

ELKRIDGE 50+ CENTER

**5660 Furnace Ave.
Elkridge, MD 21075**

Join Us

Monday through Friday

8:30 am to 4:30 pm

September/October 2016

SPECIAL NOTICE

I am eagerly awaiting updates on our renovation project and as soon as I have things to share, you will be the first to know. In the meantime, we are settled in at the Melville Chapel church hall and there are some great programs coming up for the fall.

Take time out of your busy day and stop by for a class, party or maybe just lunch. Hope to see you soon.

Jeanne

★ TECHNOLOGY ★ INFORMATION ★ ENTERTAINMENT ★

50EXPO
PLUS

 Howard County Office on
Aging and Independence

\$1 ADMISSION

\$5 CAPITOL STEPS*

2 SHOWS: NOON and 2:00 P.M.

All Admission and Show Proceeds Benefit the
Vivian Reid Community Fund for Older Adults

* suggested donation

COURTESY SHUTTLE from The Mall in Columbia

Only  accessible parking on-site at Wilde Lake HS

**MONDAY
OCTOBER 31**

9:00 AM - 4:00 PM

Wilde Lake High School

5460 Trumpeter Road, Columbia 21044

EVENT HIGHLIGHTS

- 10:00 a.m. Feature Presentation by AARP
Tracking Wellness with Technology
- 170 Exhibitors
- **NEW!** Job Fair
- Flu Vaccines
- **NEW!** Tech-Savvy Seminars
- Health Screenings

410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

SPECIAL EVENTS FOR SEPTEMBER 2016

ORIGIN AND HISTORY OF THE BIBLE

Thursdays in September

1st, 8th, 15th, 22nd & 29th

11:00-1:00

FREE



Bible scholar, Thelma Carter, will take you through the Bible. Get Inspired as you study the oldest book in the world.

iPHONE/ANDROID CLASS

September 9th & 30th

10:00-11:30

FREE

Today's smart phones can do a lot! Learn all the great features of your phone and make your life easier.

THE BALTIMORE ZOO MOBILE

Monday, September 12th

10:30-12:00

Donations accepted

A wonderful opportunity to see some Exciting animals right here in Elkridge!

Grandchildren are welcome



AROMA THERAPY

Wednesday, September 14th

11:00—12:00

\$5.00

Delight your senses & pamper yourself with great scents!
After the presentation delight in lavender hand lotion.

NUTRITION TIPS WITH RONA

September 15th

10:00-11:00

FREE

Enjoy an interesting talk with Rona and learn how to eat healthy in the harvest months.

CRAB FEAST

September 16th

10:00-1:30

\$20.00/person



Featuring fresh, hot, Maryland crabs, crab soup, BBQ chicken, cole slaw, macaroni salad, watermelon and cake.
Live music by Larry Scott
A fun way to celebrate summer!

LET'S DISH

Grilled Cheese w/Pesto

September 23rd

11:00-12:00

Donations accepted

Watch us make a healthy, delicious dish that is sure to please any guest.
It's fun and easy.



AARP DRIVING CLASS

September 30th

10:00-2:30

There are many new laws of the road, learn what they are and hear tips that will help keep you safe on the road.

(Lunch available with reservation.)



SPECIAL EVENTS FOR OCTOBER 2016

FREE FROM SCAMS

Thursday, October 6th

10:30-11:45

Free

A scam could cost you money and your credit! Learn about many new scams and protect yourself from being a victim.

AARP DRIVING CLASS

Friday, October 7th

10:00-2:30

There are many new laws of the road, learn what they are and hear tips that will help keep you safe on the road.

(Lunch available with reservation)



HEALTHY EATING ON A BUDGET

Wednesday, October 12th

10:30-11:45

Free

Food prices have gone up, but it's still possible to get healthy food and not go broke.

Learn ways to shop and cook on a limited budget!

LET'S DISH

Fall in Love with Pumpkin

Friday, October 14th

11:00-12:30

Donations accepted



Pumpkin is colorful, nutritious and tasty! Watch us prepare a great treat and enjoy generous samples.

PUMPKIN PANCAKE BREAKFAST

Wednesday, October 19th

9:00-11:00

Donations accepted

Enjoy the delicious taste of the season with pumpkin pancakes, eggs, sausage and fruit.



NUTRITION TALK WITH RONA

Thursday, October 20th

10:00-11:00

Free



Get some great nutrition tips and learn how to make healthier choices with the food you eat and feel great!

HALLOWEEN BINGO

Monday, October 24th

11:00-2:00

\$5.00 for 10 games

Enjoy the fun game of bingo with a "spooky" twist.
Seasonal snacks will be served.



POLICE SAFETY TIPS

Thursday, October 27th

10:00-11:00

Free

Andre from the Howard County Police Department will join us to share some personal safety tips and update you on crime in the area.

ONGOING PROGRAMS

Mondays:

8:00am—9:00am: *Walking Club (meet in front parking lot)*

10:30am—2:00pm: *Bridge/Card Group*

11:00am—2:00pm: *Bingo with Lunch (reserve one week in advance) (Sept. 26 & Oct. 24)*

Tuesdays:

9:00am—10:00am: *Age Well Exercise*

11:00am—Noon: *Brain Fitness (Sept. 6 & 27 and Oct. 4 & 18)*

10:00am—12 Noon: *Knitting Club*

12 Noon—*Lunch (reserve one week in advance)*

12:30pm—1:30pm: *Book Club (Sept. 13 & Oct. 11)*

Wednesdays:

8:00am —9:00am: *Walking Club (meet in front parking lot)*

9:00am—11:00am: *Pancake Breakfast (Sept. 21 & Oct. 19)*

10:00am—11:30am: *Wii Fitness/Bowling (Sept. 21 & Oct. 19))*

12 Noon—*Lunch (reserve one week in advance)*

2:00pm—3:30pm: *Line Dance*

After 11am FREE bread and pastries are available.

Thursdays:

9:00am—10:00am: *Age Well Exercise*

10:00am—3:00pm: *Open card games*

10:00am—11:00 pm: *Nutrition Education & Counseling (Sept. 15 & Oct. 20)*

11:00am-1:00pm: *Origin and History of the Bible*

12 Noon—*Lunch (reserve one week in advance)*

1:00pm—4:00pm: *Bridge Club (new members welcome)*

Fridays:

8:00am—9:00am: *Walking Club (meet in front parking lot)*

10:30am—11:30pm: *Chair Yoga*

10:00am—1:00pm: *Legal Aide (second and fourth Fridays); appointments appreciated — call (410) 480-1057; walk-ins welcome*

12 Noon—*Lunch (reserve one week in advance) (Sept. 23 & Oct. 14- Let's Dish)*

Americans with Disabilities Act Accommodations

If you need accommodations to attend Elkridge 50+ Center events/programs or if you need this document in an alternate format, please contact the Center at 410-313-5192 or 410-313-4930.

Join Us For Lunch!

Elkridge 50+ Center offers meals to anyone 60 years and older, as well as their spouses, regardless of age. Voluntary, anonymous contributions are requested from eligible program participants. Reservations must be made one week in advance. People who do not make reservations are not guaranteed a meal.



Participant contributions are used to offset the meal cost, to increase the number of meals served, and to provide supportive services directly related to the nutrition program, such as nutrition screenings and education. The cost of the regular meal is \$4.10 and \$5.39 for special meals. Participants are requested to contribute as generously as they can to ensure the viability of this important program.

SEPTEMBER 2016 LUNCHES:

Thursday, September 1:

Bean soup, stuffed peppers, carrots, baked apples & milk

Tuesday, September 6:

Pork chops, stuffing, green beans, corn bread, pie & milk

Thursday, September 8:

Pot roast, potatoes, carrots, pumpkin pie & milk

Tuesday, September 13:

Knockwurst, baked beans, cole slaw, fruit & milk

Thursday, September 15:

BBQ chicken, potato salad, cole slaw & milk

Friday, September 16:

CRAB FEAST: Fresh *steamed crabs, crab soup, BBQ chicken & more*

Tuesday, September 20:

Tossed salad, pork chops, potatoes, *spinach, fruit & milk*

Wednesday, September 21:

PANCAKE BREAKFAST: Homemade pancakes, sausage, eggs, fruit & milk

Thursday, September 22:

Italian meatballs, veggies, roll & milk

Friday, September 23:

COOKING CLASS: Grilled cheese with pesto, fruit, milk and ice cream

Monday, September 26:

Albacore tuna salad, cucumber salad, beets, cheesecake & milk

Tuesday, September 27:

Turkey with gravy, mashed potatoes, green beans, fruit & milk

Thursday, September 29:

Turkey & Swiss cheese, cabbage, apples, celery soup & milk